

# Change Makers



**STOP  
THE  
VIOLENCE**

Speak out  
for girls' rights

## Safety & Me

**CHANGE-MAKERS**



# Safety & Me

## 12-17 year olds



**Girl Guide Change-Makers: Safety and Me!**

A WAGGGS 'Stop the Violence' project from Girl Guides Victoria

# About WAGGGS....



With ten million Girl Guides and Girl Scouts from 145 countries across the world, the World Association of Girl Guides and Girl Scouts (WAGGGS) is the largest voluntary movement dedicated to girls and young women in the world.

The World Association supports girls and young women to develop their full potential as responsible citizens of the world. We focus on leadership development and active citizenship. These are delivered through our innovative global education and community and advocacy programmes.

We deliver a well-established, unique values-based approach to non-formal learning, that is international and intergenerational. Girls and young women develop life skills through self-development, challenge and adventure.

## The WAGGGS “Stop The Violence” campaign

Girls in every country across the world are being subjected to many forms of violence – this is wrong and must stop.

Girls have the right to live free from violence and the fear of violence. They need to be aware of their rights – and find the voice to create a global movement and actions to end violence.

Building from a whisper to a shout, we need to talk, join together and inspire action around the world!

The campaign will reach out to Girl Guides and Girl Scouts in over 100 countries, to their communities, to our partners, to decision-makers in governments and internationally, to influencers such as the media and celebrities.

At its heart, the campaign is about empowering girls and young women to understand their rights and have the skills and confidence to claim their rights and the rights of others. It will ensure that it is girls and young women who are the instigators of the change they want to see in the world.



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# Introduction to the project

## Change-Makers

Change-Makers is a special project for Victorian Girl Guides of all ages. Through the project our Girl Guides will be challenged to explore some of the issues facing girls and women globally and will be introduced to the great work of organisations who work in this area. Change-Makers projects will help our Girl Guides to 'Educate Others', 'Speak Out' and 'Take Action' to help improve the lives of girls and women everywhere.

In 2014 three Change-Makers activity kits are available and we encourage every Guide Unit to give one a go during the year. Each project comes with its own badge which can be ordered from the Guide Shop and worn for one year on the back of the sash.

## *Let's become Change-Makers!*

### Project Summary- Safety and Me!

The 'Safety and Me' project explores the role that empowerment of girls and young women plays in reducing violence. It looks at the work undertaken by The World Association of Girl Guides and Girl Scouts in communities all over the world which is focussed on the issues around violence against girls and young women. In particular the project focuses on the 'Stop The Violence' campaign which is WAGGGS' flagship advocacy campaign.

Why Stop The Violence? 1/3 - 1/2 of all Australian women will experience physical or sexual violence by a man at some point in their life. With 1/2 of Australian women having experienced violence before the age of 15 we feel it is important for our Girl Guides to learn about their right to safety and to explore support services available to help victims of differing forms of violence.

### What can I expect to learn?

In a child safe way you will learn about what violence, in its many forms, looks like. By reading the stories of other girls you will come to understand what rights exist that mean every girl has the right to live free of violence. You will hear about what WAGGGS does to help girls and young women understand their rights and have the skills to claim their rights and the rights of others. You will think about how you can help yourself or a friend who is feeling hurt, bullied or unsafe.

### How do I complete the project and earn the Change-Makers 'Safety & Me' badge?

You will earn the 'Safety & Me' badge by taking part in activities within your Guide Unit- and maybe even some of your own challenges at home. You must complete at activities which look at all 6 areas (these do not have to be activities from this Activity Kit- you can create your own!) the areas are:

What's the story?

What's the problem?

What's being done?

What can I say?

What do you think?

Take Action

If you choose to use (or adapt) our meeting program, you can use the developmental star shown next to each activity to decide which activity to do for each area- the star will tell you what developmental stage the activity is best suited for.



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## Leaders' notes

**1 Preparing for the meeting:** Use this kit to familiarise yourself with the 6 badge areas and with the 'Stop The Violence' campaign. Familiarise yourself with the GGV Child Protection Policy (GO44). If you have any questions regarding the activities please email [advocacy@guidesvic.org.au](mailto:advocacy@guidesvic.org.au)

**2 Use a Unit meeting:** In your Unit meeting you should try to run activities which look at each of these 6 areas: What's the story? What's the problem? What's being done? What can I say? What do you think?

These activities will help introduce your girls to the topic and educate themselves on the issues and the work that is being done to help fix these issues. They will also help your girls to form their own understanding of the topic and to practise speaking out about this issue. **Feel free to create your own activities under these 6 important headings.**

**3 Deciding how to take action:** At the end of your meeting- or at the following meeting, you should set aside some time to discuss the issue with your girls and begin thinking about what your Unit can do to take action on the issue. This is the time where you can suggest participation in an Action Day project, suggest any other opportunities you have discovered and ask your girls if they have any great ideas or have heard of any other opportunities the Unit could take action by doing.

<b>ACTION DAY PROJECTS</b>	See suggestions in "What Can I Say".	
There are many different Action Days on a safety and wellbeing theme. Your Unit might like to choose one of these days and use it to speak out, educate others or take action to help their friends, families or communities to feel safe.		
<b>RAISE FUNDS</b>	For suggestions see "What's Being Done?"	
Now that you are more aware of the other groups and organisations working towards the elimination of gender based violence you might choose to raise funds for an organisation of your choice or for WAGGGS. As a Unit you should explore the different groups you could raise funds for and vote to decide which one you will choose. Once you have chosen it will be up to your Unit to plan, carry out and evaluate your fundraiser.		
<b>RAISE AWARENESS/ADVOCATE</b>	For suggestions see "What's Being Done?"	
Now that you are more aware of the other groups and organisations working towards the elimination of gender based violence you might choose to raise awareness for them or for WAGGGS. As a Unit you should explore the different groups you could raise awareness for and vote to decide which one you will choose. Once you have chosen it will be up to your Unit to plan, carry out and evaluate your advocacy activity.		

**4 Registering your action:** Once your girls have decided how to take action (Awareness Raise or Fundraise or Action Day Project) it's time to register your Unit action/s. Remember this can be for any safety cause!

**5 Unit fundraising projects:** If girls or Leaders from your Unit have decided to run their own fundraiser for WAGGGS Stop The Violence campaign we ask that you collect and bank the money raised into your own Unit bank account. Then use the 'Girl Guides Victoria - WAGGGS Fundraising Form' to provide us with your Unit Details and the total amount of funds raised and to either provide credit card details, direct deposit details or attach a Unit cheque to and send to Girl Guides Victoria. At the end of the year Girl Guides Victoria will donate all the funds received from Unit fundraising projects directly to WAGGGS for the Stop The Violence campaign.

**NOTE:** Units may also choose to fundraise for any other causes of their choice in the safety area!

**6 Buying the badge:** All girls who complete activities have earned their Change-Makers Safety and Me badge. You can purchase this badge from the Girl Guides Victoria Guide Shop at any time of year. It is worn on the back of the sash.



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## A few definitions

These are definitions to some of the words that will be useful to understand in order to support the girls in taking part in this project. These definitions are taken from 'Bullying No Way' - <http://bullyingnoway.gov.au/teachers/facts/definition.html>

### **Bullying:**

Bullying is repeated verbal, physical, social or psychological behaviour that is harmful and involves the misuse of power by an individual or group towards one or more persons.

Behaviours that do not constitute bullying include: mutual arguments and disagreements (where there is no power imbalance); not liking someone or a single act of social rejection; one-off acts of meanness or spite; isolated incidents of aggression, intimidation or violence. However, these conflicts still need to be addressed and resolved.

Cyberbullying refers to bullying that is carried out through information and communication technologies. Likewise not all online issues are cyberbullying.

### **Harassment:**

Harassment is behaviour that targets an individual or group due to their:

- identity, race, culture or ethnic origin
- religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability.

It offends, humiliates, intimidates or creates a hostile environment. It may be: an ongoing pattern of behaviour or a single act; directed randomly or towards the same person(s); intentional or unintentional.

### **Discrimination:**

Discrimination occurs when people are treated less favourably than others because of their:

- identity, race, culture or ethnic origin/religion
- physical characteristics
- gender
- sexual orientation
- marital, parenting or economic status
- age
- ability or disability

### **Violence:**

Violence is the intentional use of physical force or power, threatened or actual, against another person(s) that results in psychological harm, injury or in some cases death. It may involve provoked or unprovoked acts and can be a single incident, a random act or can occur over time.



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## ACTIVITY RUNNING SHEETS- What's the Story?

<b>ACTIVITY 2: What's the story?</b>	This story gives an example of a girl scared that her friend might be depressed and asks our Guides 'what could you do?'	
<b>Set up:</b> NIL	<b>Run time:</b> 10 minutes	<b>Supplies:</b> The story

**STORY:** Michelle just hasn't seemed like herself lately. Instead of hanging out on the weekend she always makes an excuse why she can't come out and stays at home instead. Whenever you try to talk to her over the internet she changes her status to 'away' or gives one word answers. Every time you ask her what's wrong she tells you that it doesn't matter anyway. At school she has always been bright and bubbly and gets really good marks- but the other day you overheard someone saying that she'd failed the history test! You know that things at home haven't been easy for Michelle- first with her parents yelling at each other all the time and then splitting up at the end of last year. Watching Michelle be so sad is really worrying you- sometimes it really scares you- but you don't know what to do.

What both you and Michelle are going through is not uncommon. Statistics tells us that 1 out of every 5 Australians will have suffered from a diagnosable case of depression by the time they turn 18. Adolescent girls are also more likely to suffer depression than boys are. You don't have to stand by and be scared for your friends- there are plenty of ways you can help them to get the help they need.

## ACTIVITY RUNNING SHEETS- What's the problem?

<b>ACTIVITY 5: What's the problem?</b> -Harmless or Hazard -Support not Shelter	Through brain storming, problem solving and investigation Guides will explore issues facing girls their age and how to help themselves or a friend to seek help if needed.	
<b>Set up:</b> Print any useful fact sheets or handouts from the websites listed below.	<b>Run time:</b> 45 minutes	<b>Supplies:</b> Fact sheets, handouts and computer access may be handy for this activity.

- 1) Outline the problem to the Guides:** Sometimes there are issues that you can't deal with on your own and you need to make a decision to seek help for yourself or a friend.
- 2) Do a problem solving activity:** Problem solve how to turn a potential hazard situation into a harmless one. Guides should consider situations that could occur both face to face and online. These hazards could be occurring: in the home, at school, out with friends, in the local area and via social media and other electronic communication. Once the group has created some scenarios they can either problem solve together as a Unit or break into smaller groups to consider their scenario and then report back to the Unit.

Consider the notion of sensible risk taking and suggest activities which could fall into this category.

- 3) Do a brainstorming activity:** Brainstorm concerns that are common for girls in the age range of the Unit. Ask girls to talk generally about common concerns and not to use 'I' statements or names of others.
- 4) Identify useful services:** Identify support systems, your personal support networks and discuss how you would help a friend seek support.



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The Unit may wish to do this as a discussion or to present it in a visual way using mediums such as: poster, graffiti wall, blog or video. It would be handy to have computer access or access to brochures, handouts and fact sheets from relevant organisations or support services.

## SUGGESTED RESOURCES

[www.reachout.org.au](http://www.reachout.org.au)

<http://www.headspace.org.au/>

<http://www.kidshelp.com.au/>

<http://www.beyondblue.org.au/>

<http://www.butterflyfoundation.org.au/>

<http://www.bullyingnoway.gov.au>

## ACTIVITY RUNNING SHEETS- What's being done?

<p><b>ACTIVITY 7: What's being done?</b> - White ribbon campaign</p>	<p>Guides will explore what groups and organisations are doing to stop violence against women.</p>	
<p><b>Set up:</b> Familiarise yourself with the anti bullying and violence campaigns and support services listed.</p>	<p><b>Run time:</b> 10 minutes</p>	<p><b>Supplies:</b> Writing and recording tools (board, paper etc)</p>

**1) Do a brainstorming activity:** Ask the Guides to tell you any groups, organisations or services they are aware of which work to stop bullying and violence against girls and women. Some examples are: 'Kids Helpline', 'Bullying No Way', 'Reach Out', 'Back Me Up', 'UN Women' and the 'White Ribbon campaign'.

**2) Do a brainstorming activity:** Ask the Guides to tell you any support services they are aware of who work to support victims of bullying, violence and discrimination. Some examples are: 'Kids Helpline', 'Bullying No Way', 'Reach Out' and 'Back Me Up', 'Head Space', Domestic Violence Resource Centres, Women's Shelters

If time permits you could show the Guides some of the flyers, posters or websites associated with these groups and discuss how they could access them if needed and how and why people would use these services.

## ACTIVITY RUNNING SHEETS- What can I say?

<p><b>ACTIVITY 8: What can I say?</b> -Key messages</p>	<p>Guides will explore the key messages of the Stop The Violence campaign.</p>	
<p><b>Set up:</b> NILL</p>	<p><b>Run time:</b> 10 minutes</p>	<p><b>Supplies:</b> The list of Key Messages</p>

**1) Remind the Guides of the problem:** All around the world there are people who think it is ok to bully, hurt or harass girls and women. This violence against girls and women happens too often and it is not OK.

**2) Introduce the WAGGGS 'Stop The Violence' campaign:** Using the information given at the start of this pack explain that WAGGGS is trying to do something to help people learn that violence against girls and women has to stop. WAGGGS think the best way to do this is by doing **ADVOCACY**. Advocacy is when you: educate others about the problem; speak out to say violence against girls and women is not OK; and take action to stop the violence and make all spaces safe spaces for girls and women.

**4) Discuss the key messages:** Help your Guides discover what they could say.



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## 'Safety & Me'- KEY MESSAGES

- It is never OK to bully someone – and we can help stop bullies!
- It is never OK to be violent towards someone - and we can help people understand this!
- Everyone has the right to feel safe – and we can help others to feel safe!
- There are lots of people and places you can go for help – and we can help you find them!
- Girls and boys should be treated equally – and we can remind people of this fact!
- Girl Guides want to 'Stop The Violence' around the world – and we can advocate for this!

<b>ACTIVITY 9: What can I say?</b> -United Nations Action Day	Guides will explore the special Action Days relevant to this campaign- National Day Against Bullying and Violence, Int. Day for the Elimination of Violence Against Women and Human Rights Day.	
<b>Set up:</b> NILL	<b>Run time:</b> 10 minutes	<b>Supplies:</b> The summary of relevant Action Days

**1) Introduce the Guides to the United Nations:** Explain that the United Nations are a group made up of 191 countries who work together to make sure the world is a safe and fair place for everybody.

**2) Introduce the special Action Days:** Explain that the United Nations and the Government sets special days aside to help people think about important things. Some examples are: World Environment Day, World Water Day, International Day of the Girl. Use the information from the 'Action Day' sheet to talk about the relevant Action Days.

ACTIVITY	DATE	BRIEF OUTLINE	ORGANISATION
Orange Day	25 <sup>th</sup> of <u>each month</u>	Organise people to wear orange to raise awareness of the need to stop violence against girls and women	UNiTE to end violence against women <a href="http://endviolence.un.org/orangeday.shtml">http://endviolence.un.org/orangeday.shtml</a>
National Day of Action Against Bullying	March 21 <sup>st</sup>	Speak out about bullying and promote healthy relationships	Bullying. No way! <a href="http://bullyingnoway.gov.au/national-day/index.html">http://bullyingnoway.gov.au/national-day/index.html</a>
International Day for Elimination of Violence Against Women	November 25 <sup>th</sup>	A United Nations action day to call for an end to violence against girls and women	United Nations Action Day - UN Women Australia  White Ribbon Australia <a href="http://www.whiteribbon.org.au/">http://www.whiteribbon.org.au/</a>
16 Days of Activism against gender based violence	November 25 <sup>th</sup> – December 10 <sup>th</sup>	Help promote WAGGGS' key messages during the '16 Days of Activism'	Various organisations  WAGGGS <a href="http://www.stoptheviolencecampaign.com">http://www.stoptheviolencecampaign.com</a>

<b>ACTIVITY 11: What do you think?</b>	Guides will discuss what they think about the issue of violence against women and girls.	
<b>Set up:</b> NILL	<b>Run time:</b> 10 minutes	<b>Supplies:</b> NILL

**1) Have a sharing circle:** Sit in a circle and invite each Guide to share her thoughts about 'safety and me'. Explain that in the coming weeks you will explore what your Guide Unit can do to Take Action on this issue.

**This concludes your 'Safety and Me' themed meeting.**

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